



ESS Summer Practice Schedule

Practices Start June 10th



Essentia Health



Monday		
8-9:30	U18 Girls	Polkowski
8-9:30	U14 Boys 1	Voltz
8-9:30	U14 Boys 2	Devlin
8:15-9:15	U14/15 Girls, U16 Boys	
9:30-10:30	U18 Girls, U14 Boys	
9:30-11	U14 Girls	Polkowski
9:30-11	U15 Girls	Voltz
9:30-11	U16 Boys	Devlin
11-12:00	U9/10 Boys	Voltz
11-12:00	U11-13 Keepers	Devlin
12:00-1:00	U9/10 Girls	Devlin
12:00-1:00	U14+ Keepers	Voltz
1-2:30	U11 Girls	Voltz
1-2:30	U12 Girls 1	Polkowski
1-2:30	U12 Girls 2	Devlin

Tuesday		
8-10:00	Football	
10-11:30	U11 Boys	Voltz
10-11:30	U14 Girls	Devlin
11:30-1	U14 Boys 1	Devlin
11:30-1	U14 Boys 2	Voltz
1-2:30	U11 Girls	Polkowski
1-2:30	U12 Girls 1	Devlin
1-2:30	U12 Girls 2	Voltz

Wednesday		
8-9:30	U17 Boys	Devlin
8-9:30	U17 Girls	Voltz
9:30-11	U11 Girls	Devlin
9:30-11	U12 Girls 1	Voltz
9:30-11	U12 Girls 2	Polkowski
9:45-10:45	U17 Girls, U17 Boys	
11-12:00	U9/10 Boys	Devlin
11-12:30	U17 Boys	Corey
11-12:30	U12 Boys	Voltz
11-12:00	U13 Girls	
12:30-2:00	U13 Girls	Devlin
12:30-1:30	U9/10 Girls	Voltz
12:30-1:30	U14+ Keepers	Polkowski

Thursday		
8-10:00	Football	
8:45-9:45	U17/18 Girls	
10-11:30	U17 Girls	Voltz
10-11:30	U18 Girls	Devlin
10-11:00	U16/17 Boys	
11:30-1	U17 Boys	Devlin
11:30-1	U16 Boys	Voltz
12-1:00	U13/15 Girls	
1-2:30	U15 Girls	Polkowski
1-2:30	U12 Boys	Devlin
1-2:30	U13 Girls	Voltz

Friday		
8-9:30	U17 Boys	Devlin
8-9:30	U18 Girls	Voltz
9:30-11	U11 Boys	Devlin
9:30-11	U14 Girls	Voltz
11-12:00	U14 Boys/Girls	
11-12:00	U9/10 Girls	Voltz
12-1:30	U14 Boys 1	Devlin
12-1:30	U14 Boys 2	Voltz
1:30-3	U15 Girls	Devlin
1:30-3	U16 Boys	Voltz

Saturday
OFF

Sunday		
3:45-4:45	U9/10 Boys	Devlin
5-6:00	East Side Strikers	
6:15-7:45	U13 Girls	Devlin
6:15-7:45	U17 Girls	Voltz

Blue Highlights Are Destination Fitness